



### *My Trading Advice*

1. Find a Mentor (fundamentals and technical)
2. Understand what you are doing this for
3. It's a Marathon not a Sprint
4. Find your Edge
5. Ignore the Noise
6. Understand Crowd Psychology
7. Stick with "YOUR PROCESS" BE YOU
8. Follow Your rules
9. How Much Money is you willing to lose?
10. GAME PLAN
11. Find your indicators (8EMA Bollinger Bands CLOUDS)
12. Let winners run, but know when to cut them
13. Mental Capital...Take a break...after a BIG LOSS & AFTER A BIG WIN
14. Learn from your experiences and apply them to HOPE FEAR GREED REGRET
15. Control Your Biases